

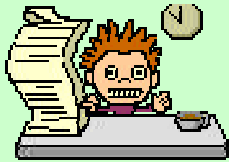
THE OneSource CONNECTION



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Visit www.militaryonesource.com User ID: **Military**; Password: **OneSource** or Call **1-800-342-9647**



MANAGING HOLIDAY STRESS

For many, holidays offer an opportunity to celebrate who you are, the people you love, and the values you cherish. But as a holiday season approaches, many people experience conflicting emotions. During what is traditionally a joyous time of year, holidays often bring additional tasks and events that need to be squeezed into already tight schedules. You might find yourself trying to do the impossible in a short amount of time, on a limited budget, with conflicting demands pulling you in different directions. Stress is a big part of holidays for many people, but it doesn't have to be overwhelming if you keep a few things in mind:

Set realistic expectations. Many of us set unrealistic expectations for ourselves as we prepare for holidays. We simply try to do too much. Ask yourself what you want the holiday to be or to mean. What is the most important part of the holiday for you? If sharing time with family is most important, why not spend a day sledding with your children, and less time shopping for gifts or food?

Prioritize. Make a list of all the things you need to do, and decide which ones are the most important.

Just say "no." If you have a tendency to take on too much, learn to say no when people ask you to do just one more thing.

Start new traditions. Remember the meaning behind your traditions. It's often easy to let a tradition take on a life of its own and to forget what made the tradition important in the first place. Don't be afraid to start new traditions, if your family has outgrown old ones.

Set a budget and stick to it. Plan for an increase in spending if meals, gifts, and entertainment are part of the holiday. Know how much you can spend before you go shopping or before you decide how many people to invite for a holiday meal. This will keep you from spending more than you should.

Set differences aside. Sometimes holidays throw family members together who, at other times of the year, are happier apart. As you gather together with family and friends, try to enjoy the feeling of togetherness, and save potentially heated discussion topics for another time.

Be a kid again. Take some time out of your preparations to play and just enjoy the scenery.

Get plenty of rest and exercise. It's easy to forget to do the things that keep you healthy when you have so much to do. Keeping to your regular sleeping and exercise routines will give you the energy you need to do everything and it will keep some normalcy in your life.

Get emotional support. If you're missing loved ones who have passed away or relatives who can't be there to celebrate in person, make sure you reach out to friends or family who can give you the emotional support you need.

Empathize. Remember that other people are also dealing with the stress and pressures of holidays.

Remember that families come in all shapes and sizes. The picture-perfect family presented in television ads, in magazines, and in stores is not a reality for many people. Yet some continue trying from year to year to capture a piece of that "perfect picture." Take a little time to write down what you appreciate about the family that you have and what your ideal family holiday gathering would be.

Or, if you find the big family gathering too overwhelming and you don't enjoy being with extended family, allow yourself to invite just a few close family members rather than going to or having a big family gathering yourself. Talk with your partner and family about what you would like to try differently this year. They may feel the same as you do or may understand your needs and want to help you meet them.

This article is a reprint of a portion of the Military OneSource Life Article entitled, 'Managing Holiday Stress'. To read the full article online visit the Military OneSource Web site: www.militaryonesource.com. User ID: military Password: onesource. On the home page go to 'How May We Help You?', select 'Emotional Well-Being', 'Personal Issues', and 'Stress Management'.

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MILITARY ONESOURCE MONTHLY PROMOTION



DASHING THROUGH THE HOLIDAYS

Make your holidays merry and bright:

- Start new traditions
- Set realistic expectations
- Seek emotional support
- Create a budget and stick to it
- Volunteer for a good cause
- Get plenty of rest and exercise

You name it . . . We can help.

Check with your local Family Support Center, Community Service or Chapel to find out what programs are available in your local community.

If you need help coping with holiday stress, call Military OneSource. We are here to listen. Military OneSource offers six, non-medical counseling sessions in the local community for individuals and families at no cost.

Military OneSource is a virtual extension of existing installation services. We are here to support all Active duty, Guard, Reserve (regardless of activation status) and their family members. Call a consultant 24/7!

From the United States: 1-800-342-9647

From overseas: *800-3429-6477

Collect from overseas: 1-484-530-5908

En español llame al: 1-877-888-0727

TTY/TDD accessible: 1-866-607-6794

*Use access code before dialing the toll free number.

Europe: 00

Japan ITJ/IDC/NTT: 122-001-010 Japan KDD: 010

Korea S-Darcom: 002; Korea S-KT: 001;

Korea DSN: 550-2769

www.militaryonesource.com

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**A World of Good Wishes
Happy Holidays from Military OneSource**

MILITARY ONESOURCE RESOURCES

Military OneSource provides Soldiers and families private assistance with issues of everyday life. The program offers resources and non-medical counseling services to help strengthen family relationships and assist Soldiers and families deal with the challenges of military life.

Military OneSource services include:

- Private face-to-face non-medical counseling at no cost
- Immediate assistance in support, information, and referrals to other helping agencies
- Individualized research (e.g. specialty consults in financial counseling, adult disability, special needs education)
- Translation services into over 140 languages to assist those with English as a second language
- Supplying educational materials

Please call Military OneSource and speak with a Consultant

From the U.S.: 1-800-342-9647

Overseas toll free: access code,* 800-3429-6477

Overseas deployed or in remote areas can call collect: 484-530-5908

En español llame al 1-877-888-0727

TTY/TDD accessible 1-866-607-6794

*Use access code before dialing the toll free number.

Europe: 00

Japan ITJ/IDC/NTT: 122-001-010

Japan KDD: 010

Korea S-Darcom: 002; Korea S-KT: 001;

Korea DSN: 550-2769

Examples of Military OneSource Educational Materials for Managing Stress

Tip Sheets

- Holiday Stress and Deployment
- Holidays and Your Older Relative
- Single Parenting During the Holidays
- Enjoying Holidays with Your Children
- Staying Connected When Your Child is Away at College
- Helping Your Child Learn to Deal with Anger
- Building Your Self-Esteem in Adulthood
- Managing Stress
- How to Keep from Overindulging During the Holidays
- Reduce Stress: Fit Fitness into Your Life
- Visualization: The Power of the Mind's Eye
- Managing Stress as a Family
- Dealing with Combat and Operational Stress

You may view and/or order these materials online at:

www.militaryonesource.com. User ID: **military** Password: **onesource**. Or you may call and speak with a Consultant.

Not an all-inclusive list. There are many more educational materials available that may relate to this topic.

Utilization



Since Military OneSource was introduced in August 2003, Soldiers and family members have made over 162,000 contacts to the service. Your commitment and diligence in getting the word out has had a significant impact on use. The overall Army utilization for FY 05 (telephone contacts, online visits, email, and non-medical counseling) was 12%, which is a great increase over use for FY 04 of 7.2%. An additional 6% of use occurred when educational materials were included increasing utilization to 18%. Our goal is attain utilization of 15% without incorporating educational materials; therefore we still have an objective to achieve. Thank you for your dedication in promoting the program. We encourage you to continue integrating information about Military OneSource in all briefings and outreach to Soldiers and families in FY 06.



**MILITARY
ONESOURCE
MATERIALS ARE
NOW AVAILABLE
ON:**

<http://www.myarmylifetoo.com>

Military OneSource has been integrated into the My Army Life Too Web site. There is a link to the Military OneSource Web site when you select Army Basics on the home page. CFSC has also developed an extensive set of downloadable materials with current information on Military OneSource. To access the materials from the home page, select Army Basics and Military OneSource. The following downloadable items will appear for you to choose from:

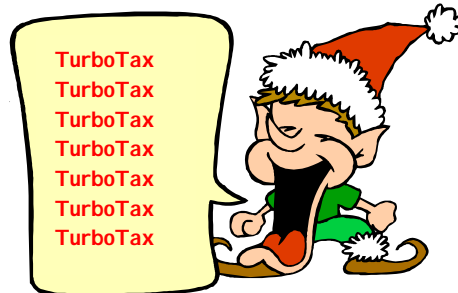
- Army OneSource and Military OneSource Frequently Asked Questions
- Deployment Tri-fold for the Guard and Reserve
- Examples of Military OneSource Educational Materials
- Installation Presentation Planning Checklist
- Marketing Flyers in Arabic
- Marketing Flyers for English as a Second Language
- Military OneSource Marketing Reference Manual
- Military OneSource Marketing reference Quick Guide
- Military OneSource Information Brief
- Military OneSource Marketing Material Order Form
- Military OneSource Presentation Request Form
- NCO Development Program Lesson Plan
- NCO Development Program Briefing
- Operation Military Childcare
- Overview of Military OneSource Services

MILITARY ONESOURCE THREE-MONTH CALENDAR

Military OneSource will be participating in the following conferences November through January:

- November 28-30, Exceptional Family Member Program Conference, Philadelphia, PA
- December 11-15, EUCOM Quality of Life Conference, Garmisch, Germany
- January 10-12, CINC House Conference, San Diego, CA
- January 20, Army Family Action Plan Conference, Washington DC Area

To coordinate a Military OneSource briefing or a display for your conference or event, contact Mr. Robert Brandsford at 781-756-0173 or via email at Robert.brandsford@militaryonesource.com.



**TurboTax®
Now
Available**

TurboTax Web © is offered through Military OneSource online at no cost to Active, Guard, and Reserve members and their families. Users must access TurboTax Web through the Military OneSource link for the surcharge to be waived. TurboTax Web © will allow users to quickly file state and local taxes through simple a step-by-step process. Phase two of the comprehensive tax filing program for tax season 2005 will be launched in December 2005.

To locate TurboTax on the Military OneSource home page go to "**Other Helpful Resources**," and "**Turbo Tax**".

This monthly newsletter is provided by the Army branch of Military OneSource. Your input and comments are valued. Do you have a question, comment, suggestion, or idea for news story? Are you interested in submitting a news story? Please contact Opal Moore-Harris, Military OneSource Program Manager, by e-mail, opal.moore.harris@militaryonesource.com. We are eager to hear from you!